

# UNLTD S&C Master Hub — Sport Planning Complete Guide

**Version:** 2.0

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## QUICK START

### What You Have

- **UNLTD\_SC\_Master\_Hub\_v2.html** — Main coaching dashboard (Netlify)
- **sport\_plan\_parser.html** — Text parser for converting notes → Q1-Q4 structure

### The Workflow

1. **Write** your sport plan (any format)
  2. **Parse** it with sport\_plan\_parser.html
  3. **Copy** the parsed output
  4. **Paste** into Hub sport form
  5. **Save** to athlete profile ✓
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## SESSION UPDATES

### Fixed: Sport Theme Parser

**Problem:** "Parse & Generate" button was calling Claude API → errors

**Solution:** Replaced with simple form + separate parsing tool

### What Changed:

- **✗** Removed: API calls from browser
- **✓** Added: Clean form with Q1-Q4 fields

- ✓ Added: Standalone parser tool

### **Benefits:**

- No API errors
  - Works offline
  - Full control over content
  - Instant saves
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## **HOW TO USE**

### **METHOD 1: Sport Plan Parser Tool (Recommended)**

#### **Step 1: Open Parser**

Open `sport_plan_parser.html` in your browser (bookmark it)

#### **Step 2: Paste Your Notes**

Paste sport plan in **ANY** format:

```
Q1: Lateral speed + vertical jump
Q2: Court positioning, decision-making
Q3: Injury prevention, peak performance
Q4: Competition, consistency
```

OR:

- Start with footwork development
- Then serve technique work
- Build match fitness and endurance
- Finish with tactical consistency

OR:

```
Months 1-3: Build foundational movement patterns
Months 4-6: Develop sport-specific speed/power
Months 7-9: Tournament preparation and peak fitness
Months 10-12: Maintenance and competition
```

### **Step 3: Click "Parse Plan"**

- Automatically extracts Q1-Q4 structure
- Shows parsed output on right side
- Edit any field if needed

### **Step 4: Copy to Clipboard**

Click "Copy All to Clipboard" → Pastes formatted output

### **Step 5: Paste into Hub**

1. Open UNLTD\_SC\_Master\_Hub\_v2.html
  2. Go to **Profiles tab**
  3. Click athlete
  4. Scroll to **"Sport-Specific Plans"**
  5. Click a sport (Tennis, Baseball, etc.)
  6. Form appears with Q1-Q4 fields
  7. Paste copied content (or manually enter)
  8. Click "Save Plan" ✓
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## **METHOD 2: Direct Entry (No Parser)**

### **Step 1: Open Hub**

Open UNLTD\_SC\_Master\_Hub\_v2.html → **Profiles tab**

### **Step 2: Find Athlete**

Click athlete you want to add sport plan for

### **Step 3: Scroll to Sport-Specific Plans**

You'll see sport buttons: Tennis, Baseball, Basketball, Football, Lacrosse

### **Step 4: Click Sport**

Modal form opens with 4 sections (Q1, Q2, Q3, Q4)

### Step 5: Fill Each Quarter

For each quarter, enter:

- **Theme:** Main focus (one line)
  - e.g., "Footwork Development"
- **Goals:** Comma-separated goals (split by commas)
  - e.g., "Lateral quickness, directional change, court positioning"
- **Fitness Work:** What fitness supports this quarter
  - e.g., "Lower body power, agility drills"

### Example Q1

Theme: Footwork Development

Goals: Lateral quickness, directional change, court positioning

Fitness: Lower body power, agility drills

### Step 6: Fill All 4 Quarters

Complete Q1, Q2, Q3, Q4

### Step 7: Click "Save Plan"

- ✓ Plan attaches to athlete
- ✓ Shows in Sport tabs
- ✓ Can edit anytime

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## EXAMPLE PLANS

### TENNIS — Seasonal

Q1: Lateral Speed Development (Jan-Mar)

Goals: Court movement, directional change, footwork patterns, reactive agility

Fitness: Lower body power, lateral quickness, acceleration/deceleration

Q2: Serve & Upper Body (Apr-Jun)

Goals: First serve consistency, topspin technique, serve speed, arm health

Fitness: Upper body strength, rotational power, shoulder stability

Q3: Match Fitness (Jul-Sep)

Goals: Point construction, mental toughness, endurance, consistency

Fitness: Aerobic conditioning, anaerobic power, match simulation

Q4: Competition & Refinement (Oct-Dec)

Goals: Strategic play, competitive edge, peak performance, injury prevention

Fitness: Maintenance, sport-specific power, competitive readiness

## **BASEBALL — Seasonal**

Q1: Throwing Mechanics (Jan-Mar)

Goals: Arm strength, throwing velocity, rotational power, kinetic chain

Fitness: Posterior chain strength, rotational core, shoulder health

Q2: Hitting Development (Apr-Jun)

Goals: Bat speed, power development, timing, hip-shoulder separation

Fitness: Lower body explosiveness, rotational power, anti-rotation stability

Q3: Game-Specific Conditioning (Jul-Aug)

Goals: Deceleration strength, lateral agility, reaction time, endurance

Fitness: Sport-specific speed-strength, infield/outfield agility

Q4: Maintenance & Strength (Sep-Dec)

Goals: Injury prevention, off-season strength, general athleticism, speed work

Fitness: General strength, speed-strength, body composition

## **BASKETBALL — Seasonal**

Q1: Foundational Strength (Oct-Nov)

Goals: Lower body strength, vertical jump development, deceleration, body control

Fitness: Squat patterns, single-leg stability, plyometric intro

Q2: Court-Specific Power (Dec-Jan)

Goals: First-step quickness, lateral speed, vertical power, ball security

Fitness: Lateral agility, upper body power, defensive positioning

Q3: Game Preparation (Feb-Mar)

Goals: Endurance, decision-making, defensive intensity, clutch performance

Fitness: Anaerobic conditioning, reactive agility, upper/lower power maintenance

Q4: Peak Competition (Apr-May)

Goals: Peak performance, injury prevention, consistency, mental toughness

Fitness: Maintenance, sport-specific power, tactical conditioning

## FOOTBALL — Seasonal

Q1: Strength & Movement (Jan-Mar)

Goals: Explosive power, agility development, injury prevention, positional strength

Fitness: Lower body power, linear/lateral speed, strength endurance

Q2: Speed & Conditioning (Apr-Jun)

Goals: Acceleration, top-end speed, change-of-direction, sport-specific conditioning

Fitness: Max velocity training, agility ladder, metabolic conditioning

Q3: Game-Specific Preparation (Jul-Aug)

Goals: Tackling mechanics, coverage skills, game-speed decision-making, endurance

Fitness: High-intensity intervals, reactive agility, sport-specific drills

Q4: Competition Phase (Sep-Nov)

Goals: Injury prevention, peak performance, competitive edge, mental toughness

Fitness: Maintenance, sport-specific power, competitive conditioning

## LACROSSE — Seasonal

Q1: Foundational Power (Jan-Mar)

Goals: Lower body explosiveness, upper body strength, change-of-direction, core strength

Fitness: Squat patterns, single-leg work, rotational core, plyometric progression

Q2: Sport-Specific Speed (Apr-Jun)

Goals: Stick-handling agility, field speed, acceleration, cutting mechanics

Fitness: Lateral quickness, forward/backward speed, multi-directional agility

Q3: Game Preparation (Jul-Aug)

Goals: Endurance, defensive intensity, decision-making speed, game fitness

Fitness: Anaerobic conditioning, reactive agility, upper/lower power

Q4: Competition & Maintenance (Sep-May)

Goals: Peak performance, injury prevention, competitive edge, consistency

Fitness: Maintenance, sport-specific power, tactical conditioning

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## SPORT PLAN STRUCTURE

## Q1: Foundation Phase (Months 1-3)

- **Focus:** Build base movement patterns, positional strength
- **Goals:** 3-4 specific performance goals
- **Fitness:** Strength, power foundation, mobility

## Q2: Development Phase (Months 4-6)

- **Focus:** Sport-specific skills, power application
- **Goals:** 3-4 specific technical/tactical goals
- **Fitness:** Power-speed, sport-specific conditioning

## Q3: Competition Prep (Months 7-9)

- **Focus:** Game-specific demands, tactical refinement
- **Goals:** 3-4 game-readiness goals
- **Fitness:** Endurance, reactive speed, intensity

## Q4: Peak & Maintenance (Months 10-12)

- **Focus:** Injury prevention, competitive consistency
  - **Goals:** 3-4 performance maintenance goals
  - **Fitness:** Maintenance strength, competitive readiness
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# FEATURES

## Dashboard

- **Dashboard Tab:** Quick stats, recent activity, quick actions
- **Profiles Tab:** Athlete profiles with sport plans
- **Plans Tab:** Structured group/individual workouts
- **Groups Tab:** Team groupings for bulk programming
- **Calendar Tab:** Training log, session tracking
- **Coaches Tab:** Coach profiles, assignments

- **Recovery Tab:** RTP protocols, injury management
- **Notes Tab:** Session notes and athlete updates
- **Activity Tab:** Recent activity log
- **Sport Tabs:** Tennis, Baseball, Basketball, Football, Lacrosse
- **Data Tab:** Import/export, backups, data management

## Sport-Specific Plans

Each athlete can have plans for multiple sports:

- Q1-Q4 quarterly structure
- Sport-specific themes
- Goals tied to fitness work
- Full athlete history
- Edit/update anytime
- Export with athlete data

## Persistence

- All data saved to browser localStorage
- Export as JSON backup
- Import previous backups
- Clear data option (with confirmation)

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# TROUBLESHOOTING

## Text Not Visible in Form

**Issue:** Labels/input text appear invisible

**Fix:** Hard refresh ( `Ctrl+Shift+R` or `Cmd+Shift+R` )

**Result:** All text should be dark/readable ✓

## Parser Not Parsing Correctly

**Issue:** Q1-Q4 structure isn't extracted properly



**Fix:** Try different formatting in parser tool

**Best formats:**

- Use "Q1:", "Q2:", etc. explicitly
- Separate quarters with blank lines
- Use bullet points for sub-items

## **Sport Plan Won't Save**

**Issue:** "Save Plan" doesn't work

**Fix:**

1. Fill ALL 4 quarters
2. Each quarter needs Theme + Goals + Fitness
3. Hard refresh if still stuck
4. Try clearing cache

## **Can't Find Athlete Sport Plan**

**Issue:** Can't see sport buttons on athlete profile

**Fix:**

1. Make sure you're in Profiles tab
2. Click the athlete (should show details)
3. Scroll down to "Sport-Specific Plans"
4. Sport buttons appear below

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## **TIPS & BEST PRACTICES**

### **Writing Sport Themes**

✓ **Clear:** "Lateral Speed Development"

× **Vague:** "Athletic stuff"

✓ **Specific:** "Court positioning, decision-making, footwork"

× **Generic:** "Get better"

✓ **Concrete:** "Lower body power, agility drills"

× **Unclear:** "Training"

## Organizing Goals

### Good format:

```
Goals: Goal 1, Goal 2, Goal 3, Goal 4
```

### Avoid:

```
Goals: Do better at tennis and things
```

## Using Parser Tool

1. **Paste first** → Your existing notes
2. **Parse** → Auto-structures into quarters
3. **Edit** → Refine any section
4. **Copy** → Gets formatted output
5. **Paste** → Into hub form
6. **Save** → Done ✓

## Batch Updates

- Use parser for multiple athletes
- Copy output for similar sports
- Paste to different athletes
- Saves time, keeps consistency

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## FILES REFERENCE

### Main Hub

**File:** UNLTD\_SC\_Master\_Hub\_v2.html

**Size:** Single HTML file (complete)

**Location:** Netlify (<https://eloquent-buttercream-9f452c.netlify.app/>)

**Backup:** Local storage + JSON export

## Parser Tool

**File:** sport\_plan\_parser.html

**Size:** Single HTML file (can be run locally)

**Purpose:** Convert notes → Q1-Q4 structure

**No internet needed:** Works offline

## Documentation

**Master Guide:** This document (UNLTD\_SPORT\_PLANNING\_MASTER\_GUIDE.md)

**Parser Fix Notes:** SPORT\_PARSER\_FORM\_FIX.md (summary of changes)

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## DATA STRUCTURE

### Athlete with Sport Plan

```
{
  id: "ath_123",
  name: "John Smith",
  sport: "Tennis",
  sportPlans: {
    tennis: {
      sport: "Tennis",
      quarters: [
        {
          number: 1,
          theme: "Lateral Speed Development",
          goals: ["Court movement", "Directional change", "Footwork patterns"],
          fitnessLink: "Lower body power, lateral quickness"
        },
        // ... Q2, Q3, Q4
      ],
      createdAt: "2026-08-28T...",
      updatedAt: "2026-08-28T..."
    }
  }
}
```

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## WORKFLOW EXAMPLES

## Quick Entry (2 min)

1. Click athlete → Sport button → Form fills in real-time → Save

## Parser Workflow (5 min)

1. Open parser.html
2. Paste notes from Doc/email
3. Click "Parse Plan"
4. Copy output
5. Open hub → Athlete → Sport
6. Paste content
7. Save

## Batch Updates (10 min)

1. Parse 1 sport plan
  2. Copy output
  3. Paste to athlete 1
  4. Paste to athlete 2
  5. Paste to athlete 3
  6. All saved
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## NEXT STEPS (Pending Features)

- Multi-sport athlete database (unltd-database.com)
- AI assessment integration (upload → auto-generate plan)
- Multi-week group calendar (Week 1/2/3 parsing)
- Dynamic coach selection in logging
- Calendar heat map (workouts on scheduled days)
- Drill library with sport-specific exercises
- Video integration for technique coaching

- Mobile app for on-court tracking
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## SUPPORT

### Questions about:

- **Sport planning structure** → See EXAMPLES section
  - **Using the form** → See HOW TO USE → METHOD 2
  - **Using the parser** → See HOW TO USE → METHOD 1
  - **Data export/backup** → Go to Data tab in Hub
  - **Adding athletes** → Profiles tab → "Add New Athlete"
  - **Sport tabs** → Click sport in main nav (Tennis, Baseball, etc.)
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## CHECKLIST — Getting Started

- Hard refresh Hub (Ctrl+Shift+R)
  - Open sport\_plan\_parser.html (bookmark it)
  - Go to Profiles tab in Hub
  - Click an athlete
  - Scroll to "Sport-Specific Plans"
  - Click a sport
  - Fill Q1 (theme, goals, fitness)
  - Fill Q2, Q3, Q4
  - Click "Save Plan"
  - Go to Sport tab (Tennis, etc.) to verify ✓
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**Status:** Ready to use

**Last Updated:** August 28, 2026

**All Features:** ✓ Working

